

WHAT IS CLAIMED IS:

1. A method of adjusting resistance to exercise, comprising the steps of:

providing a weight supporting member having opposite end portions and an intermediate member extending therebetween;

providing a plurality of weight plates in alignment with the opposite end portions of the weight supporting member;

movably mounting first and second selector rods within the intermediate member; and

selectively moving the selector rods in opposite directions to engage respective weight plates at respective end portions of the weight supporting member.

2. The method of claim 1, further comprising the step of constraining the selector rods to move simultaneously in opposite directions.